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Lakes, Bay & Region • September 8, 2018

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LEONIE ON: PANIC ATTACKS



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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email reports and pictures to Editor Dan Fidler via:

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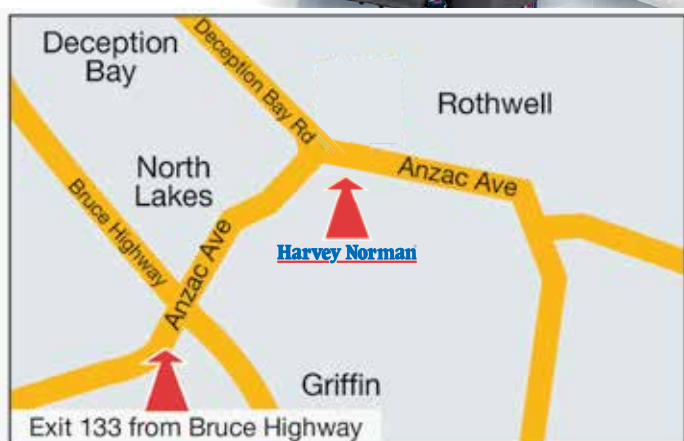
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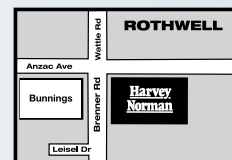
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LOCAL STUDENTS GET HEADSTART TO UNI

Completing two university subjects while still at high school put former Northpine Christian College student Madeline Stevens on the fast-track to a teaching career

Now a teacher at Caboolture Special School, Madeline started her university experience early though the University of the Sunshine Coast's award-winning Headstart program.

Headstart allows Year 11 and 12 students to complete first-year subjects at USC, get a taste of university life, and gain credits towards their

Queensland Certificate of Education.

"I was ahead of the game when I started studying. I had already done two first-year courses, was familiar with the campus and felt a lot more confident than some of my peers," said Madeline, who recently graduated from USC with a Bachelor of Primary Education.

Year 10, 11 and 12 students wanting to find out more about Headstart are invited to an information session at USC's Caboolture campus at Tallon Street on Tuesday 11 September from 4.30-6.30pm.

They can talk with staff about the application

process, eligibility, costs and available courses and hear current students share their Headstart experience.

Under the program, students can choose from about 80 first-year subjects that build on their favourite subjects at school, suit their career aspirations or match their interests.

With no tuition fees for the first subject and a reduced fee for a second subject, Headstart saves on the overall cost of a USC degree. USC scholarships are also available.

The information session will also cover the entry options for students including Early Offer Guarantee which offers Year 12 students an early and guaranteed place at USC in November, and University pathways and preparation courses.

Parents can also learn more about USC's parent lounge – a dedicated online space filled with information and tips for parents with children considering university study.

Ms Stevens said the newfound knowledge she gained through Headstart helped to cement her decision to become a teacher.

"While still at school, I experienced sitting in university lectures and tutorials with older students, handing in assignments and doing university exams," the Morayfield resident said.

"I really enjoyed Headstart and had the best outcomes. It helped my grades at school and gave me a massive confidence boost."

To register or for more information visit www.usc.edu.au/headstart

Pictured: former local student Madeline Stevens, now a teacher, started Uni at high school

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PSORIASIS?

Q: How do I know if I have psoriasis?
What do I do? *Kelly, via email*

A: Psoriasis will most commonly appear as silvery white scales on inflamed, red skin. It isn't always itchy but when scratched the skin can be easily broken. Psoriasis is an autoimmune problem and can't be cured but there are some things that can help relieve the symptoms. My favorite is the **Scalp Balance range** from De Lorenzo.



Any further treatments will have to be discussed with your Trichologist first, luckily there is one **available by appointment on staff at Becky B Hair!**



TEASE IT!

Q: Is teasing your hair out of fashion?
Janine, via email

A: If you are thinking 60's beehive then yes! Put down the hair spray!! But using teasing or backcombing to create size and shape can be a very good trick to have up your sleeve! Create height before putting your hair in a ponytail to stop you from looking bald is always great! Start from the front, take a small section, light hair spray, tease (roots ONLY) and then add the next section to it, repeat!

For more info check out the how-to video on beckyb.com.au.

OLD WIVES TALE

Q: I've heard it is better to shampoo your hair less often, is that true?
James, via email

A: That one is an old wives tale! You should wash your hair as often as necessary. Everybody's scalp is different and requires different frequency. The reason your stylist would encourage you to go longer between shampoos is because it helps your colour to last longer. If you've got good salon quality shampoo and conditioner you should be able to wash your hair as often as you need to with minimal colour fade! **Sexy Vibrant Hair** is our favourite for that!



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MAKING LAKE EDEN GREAT AGAIN

More than half a million dollars for Lake Eden fix up and wetland work to rehabilitate Black Duck Reserve at Murrumba Downs

During recent years, the Messenger has received much correspondence about Lake Eden. The very public concerns have ranged from the health of the lake, its inhabitants and to the aesthetic.

The lake itself was man-made at the beginning of our planned community. The crown jewel of the area since its launch in 1999, Lake Eden has a roughly two kilometre perimeter and an average depth of 3 meters and despite its artificial beginnings has become home to a wide variety of birds and other native creatures.

Although the North Lakes community was named Australia's Best Master Planned Community in 2017 at the prestigious Property Council of Australia awards, our readers have been vocal about Lake Eden's state of disrepair.

Community groups have sprung forth to help maintain the lake and its surrounds with little resources, but what has been needed and indeed called for by the community is large scale maintenance, and a plan for ongoing maintenance. Council has listened and it's exactly what they're about to deliver.

Moreton Bay Regional Council has allotted a substantial \$550,000 to commence work at Lake Eden to improve maintenance access for council's ongoing efforts to enhance the lake's amenity and water quality.

Division 4 Councillor Julie Greer said the project would rehabilitate aquatic and vegetation along the banks. Showing foresight, this work will also see the construction of maintenance ramps at key access locations around the perimeter of the lake and wetlands, to make ongoing maintenance more effective.

"Lake Eden is a beautiful location for local residents to relax and watch the birdlife on the

lake, walk the dog, or have a picnic or BBQ and watch the kids play at the park," Councillor Julie Greer said.

"So this project is welcome news for our community, who have called for aquatic weeds to be removed and for the amenity to be improved as a wildlife habitat."

"By building new access ramps around the lake, our staff and contractors will have direct access to carry out ongoing maintenance of the lake."

Cr Greer said council would work closely with the contractor to ensure residents were kept well informed throughout the project, in addition to putting in place a traffic and pedestrian management plan."

Of course, this work won't happen overnight. The project plans to commence next month and should take about 20 weeks to complete, weather permitting. While access to Lake Eden will be maintained during the construction, it presents an opportunity for us to mix up our routine, let council get on the work, and check out the region's many other outdoor attractions.

Hot on the heels of the Lake Eden news, another wildlife and outdoor hot pot will get some major attention with the planned rehabilitation of Black Duck Reserve at Murrumba Downs, in stages.

Council has announced that work will soon commence Stage 1 work on a vital upgrade of Black Duck Reserve at the eastern side of McClintock Drive to improve water quality and enhance the lake's amenity.

Councillor for Division 7 Denise Sims said Stage 1 of the project would focus on wetland north of Entry Parade that will see the removal of dead and/or fallen trees from the wetland, weeds and

weed trees from the embankment, protecting existing habitat trees, re-establishing the wetland at a lower water level and planting new vegetation to greatly enhance the appearance and amenity of the wetland, improve water quality function and build environmental resilience.

"This project is welcome news for our community and represents an investment in excess of \$100,000 as an important first step in improving this waterway and protecting it for future generations," Cr Sims said.

Another of our region's favourite walking and wildlife spotting areas, the works will enhance the lake area for our local community so that local residents can visit the area to relax.

Cr Sims said works would also be undertaken to improve maintenance access to the lake to effectively manage aquatic weed ensuring the right plants grow in the wetland to provide quality habitat for native birds, reptiles and frogs.

Black Duck Reserve present some particularly demanding work for the teams involved.

"A challenge with this type of project is protecting the wildlife while undertaking work on their wetland home and we will have to temporarily lower the water level in the pond area.

"There may be some naturally occurring odours for the short term in the area as a result, but rest assured that when working in sensitive areas like this, council always engages professional wildlife spotters and catchers to actively search for aquatic fauna and relocate them to safe areas."

Stage 1 of works are expected to be completed by December, weather permitting.

Forget the endless cardio, get lean and toned without it. Here's how.

If the thought of doing endless hours of cardio to get lean and toned sounds like your worst nightmare, we've got some great news for you. You can get lean and toned without doing the cardio hard yards. It's actually very simple to do.

Don't get us wrong, cardio is great! But elevating your heart rate hour upon hour to get the physique you're after is really only one way to get there; it's far from the only way, and certainly not the best way to go about it - especially if you hate doing cardio in the first place.

There are plenty of people who do a lot of cardio and are still overweight. There are also plenty of lean and toned people who never do any cardio. So what's their secret? And why is it all so confusing?

When most people say they want to 'tone up' as a goal, what they generally need to do is a combination of losing some body fat and increasing lean muscle mass by a small amount. It's the combination of the two that gives one's body a whole new look.

simple reason: you're consuming more energy in a day than you're burning, and you're creating an energy excess. The body's only option for a surplus of energy after the liver and muscles are refuelled is to store it as body fat.

Losing body fat is a very basic formula. Consume less energy than you burn. There is no other way to achieve body fat loss. Eating less energy than is used by your body creates what is known as an energy deficit.

How do I achieve this without counting calories? The most straightforward way to create an energy deficit and begin to reduce body fat is by reducing the amount of food (energy) going into your mouth. You don't need to get tricky here, and there's no need to go on a Vegan/Paleo/Pescatarian/Gluten Free/Ketogenic diet to achieve results. Forget about that. You don't have to count calories and prepare meals every Sunday night for the week ahead. Sure, you can if you have the time, but the reality is that these activities could be the speed bumps to your success; one more



Its peak level of effectiveness is between 60-90 seconds of movement under load. This is why the duration of each Studio Pilates exercise is around 90 seconds, and why your Studio Pilates instructor is always encouraging you to keep pushing yourself to the end of the exercise. This is where the peak level of effectiveness is.

SO, NO CARDIO THEN?

A combination of eating less (to reduce fat stores) and doing regular Studio Pilates workouts (to define the muscles) is all you need to achieve the goal of a lean and toned body. And if you make both a priority, and give it a little time, the combination will completely transform your body.

You may have noticed there are no recommendations to do two hours of cardio a day. Cardio can accelerate fat loss by burning more energy, but it's not essential as you can just eat less food. So if you absolutely hate it, the good news is, you don't have to do it to get lean and toned! But keep in mind, cardio is good for heart health, circulation, the brain, endorphins and more... so if you can find a fun option, it's definitely worth including into your lifestyle.

Studio Pilates North Lakes is located opposite Lake Eden at 27 Discovery Drive North Lakes. We are open 7 days, and run over 60 reformer pilates classes every week. It's easy to get started with our special introductory offer - just call our studio on **3204 5222** to book in for an orientation class.
Author - Jade Winter, Co-founder of Studio Pilates International



HOW DO YOU GET THERE?

First off, you should do the exercise that you actually love doing, otherwise you're going to give up, because it's a chore. This is what happens to most people who half-heartedly join a gym, or the latest HIIT studio, or pound the pavements - they are going through the motions (quite literally) because they think they should, not because of the enjoyment it brings.

FAT LOSS

To see muscle definition, and give your body a firm appearance, your body fat levels are going to need to be fairly low. If your body fat level is too high, the added layer hides the outline of the muscular structure underneath. For most people putting on weight (whether slowly or rapidly), it's because of one VERY

reason not to stick to your goals.

Keep it simple by reducing the overall volume of solid (food) and liquid (drinks) energy that you consume by 20% as a starting point and see if that starts to make a difference. Begin with smaller portions of exactly the same food that you're eating now.

TONING THE MUSCLES

Now for the other part of the equation; toning the underlying muscular structure. Studio Pilates does this incredibly effectively, by targeting each and every muscle, and training them using the lactic energy system. You know when you have been doing a particular exercise you start to feel the muscles burning? Well, that's the lactic energy system at work, and it's incredibly powerful. It builds muscle endurance and lean muscle mass, and it does an amazing job of firing up your metabolism.





EXPRESSIONS 2018

SAUSAGE SIZZLE FOR EPILEPSY

This month is September Sizzle for Epilepsy Qld and what a better way to support than through the great Aussie tradition of a BBQ.

Local outfit, Crafted Taste Brewing Supplies are focused on raising awareness and supporting Epilepsy Queensland with a sausage sizzle on the 8th September. Funds raised will provide essential services, training and programs for people with epilepsy, their family/carers, plus disability, health and education workers.

Head down Crafted Taste Brewing Supplies this Saturday from 9am at 16/88 Flinders Pde North Lakes to show your support.

For more information visit www.epilepsyqueensland.com.au/sizzle

EVERYTHING OLD IS NEW AGAIN: EXPRESSIONS 2018

Crafts are experiencing a renaissance. All over the world 'handmade' has become cool and desirable. Pottery in particular has become the new darling of the contemporary arts scene, reigniting the great debate about the boundaries between craft and art. To

prove it, the Shorncliffe Pottery Club membership has almost doubled with a much broader representation across age groups and gender.

The annual 'Expressions' exhibition is an opportunity for potters to show what they love to do with clay: functional ware, both wheel-made and hand-built, rich and elegant decoration, and flights of fancy moving into the realms of sculpture and jewellery. Shorncliffe Potters' members will also contribute to a collaborative piece themed Ancient & Emerging Pottery.

Not only the ceramic arts are represented. Painters, photographers and sculptors from the community are also invited to participate in the exhibition and compete for the awards.

While enjoying the show you can also do some early Christmas shopping at the Art for Under \$30 tables which overflow with all sorts of crafty knickknacks, small artworks and cards.

The Shorncliffe Potters at PCYC Sandgate, supported by the Sandgate Art Society (SAS), are presenting the 'Expressions 2018' exhibition at the Sandgate

Town Hall from 18-21 October with awards to be presented at the Opening Night, Friday 19th October from 6:00pm with drinks and nibbles provided.

Further information about the club or the exhibition may be obtained by calling Margaret on 0497 280 008.

PALM LAKE RESORT SPRING MARKETS

On Saturday 15 September the Palm Lake Resort Craft Club are holding their Spring Markets.

The annual event sees resort residents sell their hand made wares in the beach house. Palm Lake Resort can be found at the corner of Webster & George Streets, Deception Bay. The Spring Market runs from 8am - 12 noon, Saturday 15 September.

DECEPTION BAY LOCALS READY FOR JOBS (AND GETTING THEM)

Deception Bay locals are gaining jobs in conservation, land management and hospitality as a result of two more jobs and employment projects funded by the State Government.

Deception Bay Community Youth Programs (DBCYP) has delivered The Green Project and Get Set for Work Deception Bay thanks to \$688,800 from the Queensland Government's



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Skilling Queenslanders for Work initiative. The projects offer participants a range of support to prepare for new employment opportunities, including earning a Certificate I in Conservation and Land Management or a Certificate II in Hospitality.

There are real long-term benefits that come from assisting young people towards joining the workforce, because they can secure their own futures and contribute more to the wider community." Member for Bancroft Chris Whiting said.

Skilling Queenslanders for Work funds skills development, training and job opportunities for unemployed, disengaged or disadvantaged Queenslanders through a suite of targeted skills and training programs. Seventy-three per cent of participants found work, took on further training or returned around 12 months after exiting a Skilling Queenslanders for Work project.

Applications to deliver projects through Skilling Queenslanders for Work's second funding round for 2018-19 are open now until 5pm Thursday 27 September. For further information visit www.training.qld.gov.au/sqw or call 1300 369 935.

MUSTANGS GUNNING FOR THE DOUBLE THIS FRIDAY

North Lakes Over 35 football team will be trying to 'do the double' when they take on Mitchelton in the grand final at South Pine Complex.

North Lakes won the minor premier league with two games spare this season and are hopeful they can win the final.

"It's been a great season for us and exceeded expectations. These lads who have stuck to the game plan have achieved great things this year. All the boys should be proud after a very long season," said Team Manager Matt Orpwood.

The Division Two Final takes place at 8.15pm Friday September 7 and members of the community are invited along to support the team. South Pine Sports Complex can be found at South Pine Road, Brendale.

FISHERS LAND THE RIGHT CATCH WITH NEW GUIDES

Recreational fishers can have the latest information at their fingertips to help them land the right catch with the recent release of two new guides.

The new Queensland Recreational Boating and Fishing Guide 2018-19 edition

features up to date information on Queensland's boating and fishing rules and regulations for the tens of thousands of anglers who enjoy recreational boating and fishing. The guide provides detailed information on boating rules, fish size and possession limits, what fishing apparatus can be used and closed seasons and marine park rules.

The new Queensland Tidal and Freshwater Fishing Pocket Guide is the perfect companion. The guide gives useful information on species size and possession limits, colour images for most species, fish release tips, measuring your catch and rules and requirements for fishing gear. It also contains valuable info such as the right bait and tackle.

Copies of the guides are available at bait and tackle stores, local Queensland Boating and Fisheries Patrol and Maritime Safety Queensland offices and a digital copies of the guides are also available to download from the Fisheries Queensland website www.fisheries.qld.gov.au.



MUSTANGS OVER 35'S FINAL THIS FRIDAY





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PANIC ATTACKS



Hi Leonie,

I have heard you talk about anxiety and I love reading your columns each week. Something that no one seems to talk about is my kind of anxiety where I feel that I am going to pass out or die.

I have been to emergency so many times they are now treating me like an idiot. I am sure that I am going to have a heart attack, and I can tell you that the symptoms are real. I get a pain in the chest and my heart takes off racing and I am sure my arm becomes dead. I have had all the tests and they say it's a panic attack or that it's all in my head. It's not in my head it's in my body. I have been through so many doctors because I just want someone to take me seriously.

How can I get help please?

Margaret/Bald Hills

Hi Margaret,

Thinking that we are going to drop dead from a heart attack or stroke are very common symptoms of a panic attack. When we have a panic attack, our body goes into the fight or flight response. We start pumping out peak reaction hormones such as Adrenaline, Cortisol and Norepinephrine: when this happens our heart rate speeds up and we may feel palpitations. Feeling

our heart beating in our chest and racing only serves to further convince us that something must be terribly wrong with our heart and we are going to die. Just as you have been doing, doctor hoping is common because often the person who is suffering anxiety and panic attacks feels that they are being mistreated and that their genuine fears and concerns are being trivialised. Admittedly, I feel many doctors either don't understand panic attacks or don't take the time to explain the very real symptoms that are being generated by this condition.

People suffering anxiety and panic need to understand that thinking something is wrong, releases more panic hormones and increases the symptoms. So first comes the panic, then the awareness of body symptoms, the fear that the symptoms are warning us of impending doom and on it goes with our thoughts fanning the symptoms and making things worse.

Panic attack symptoms often include the feeling of a tight chest, our arms may tingle, and we may be unable to get air and feel that our breathing is restricted.

Lots of people are so distressed by these symptoms that they start a monitoring habit where they constantly monitor their heart and blood pressure. The problem is that

when monitoring, the fear of getting a bad reading triggers the fight or flight hormones which cause the symptoms. It becomes a kind of cycle of dread and fear. This works in the same way as tests in the Doctor's office where many people get so worked up about a blood pressure reading that the blood pressure goes up just because we are having it tested. So, the thinking causes the symptoms.

You sound like you have been around the block a few times with this cycle. So, if you have had all the tests and your many doctors and specialists have told you that you are in good health, you need to believe them and start challenging the thoughts of dying or a heart attack right there in the moment. Once you fully understand your disorder you will be able to take back your power. Lots of people have anxiety and the first leap in managing this condition is accepting that you have it and learning how to manage it.

I have great success in treating panic attacks and anxiety in my practice using individualised therapy to challenge faulty thinking and I would encourage you to get yourself off to an experienced counsellor asap.

Til next week, Leonie

E-mail: leonieschilling@bigpond.com
Leonie Schilling is a qualified private practitioner at

North Lakes Counselling Services

For appointments please phone 3886 2715 or 0423 653 841
www.northlakescounsellingservices.com.au

Catch Leonie's radio show alternate Mondays at 11.00am on 99.7 Bridge FM



ABOUT LEONIE

Leonie Schilling is a qualified counsellor, Trainer and Assessor, published Author, Columnist, Radio Commentator and Justice of the Peace. Established in 2007, North Lakes Counselling Services has a long history of helping couples and individuals manage their relationships and attain their personal goals.





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CYCLING: SAFE PASSING LAWS

The Queensland Police Service has developed a new program in consultation with Bicycle Queensland aimed at improving cyclist safety on Queensland roads

An online learning tool and guidance materials will assist officers in the field to gather evidence and enforce the Safe Passing Laws effectively.

According to these laws, drivers must allow a distance of 1 metre when passing a bicycle. When the speed limit is over 60kmh the passing distance increases to 1.5 metres.

The trial program was partially launched during Queensland Road Safety Week, with a view to rolling out in more areas statewide.

Police Minister Mark Ryan said all road users would benefit.

"Awareness and education are vital for making Queensland's roads safer for everybody, and this program will give the QPS the capacity to enforce more effectively," he said.

"This is part of the QPS' commitment to improving the knowledge and skills of their officers to ensure they act professionally and fairly, improving road safety for all road users."

Bike riders are among the most vulnerable road users because they are less protected in a collision or traffic incident and the Safe Passing Laws are in place to protect bicycle riders.



Acting Assistant Commissioner Dale Pointon said the initiative had the potential to reduce danger for bicycle riders on Queensland roads by improving awareness and enforcement of Safe Passing Laws.

"This new officer training will raise awareness around road safety for bicycle riders, including the detection and investigation of related offences," Acting Assistant Commissioner Pointon said.

"In 2017, eight bicycle riders died and 390 were hurt or seriously injured in crashes on Queensland roads.

"With police and the community working together, and taking on board vital safety messages, we have the ability to make our roads safer and minimise these numbers.

"We all need to be aware and considerate and

share the road safely."

Bicycle Queensland chief executive Anne Savage said hundreds of cyclists were injured on Queensland roads each year, contributing to a horror road toll and costing the economy more than \$220 million annually.

"There have been 166 lives lost on Queensland roads this year - shattering the hopes and dreams of our family members and friends," Ms Savage said.

The QPS is committed to increasing awareness and law enforcement effectiveness to encourage all Queenslanders to be safe and considerate road users.

Drivers and riders must be respectful and mindful of other road users and should always act in a manner that ensures the safety of themselves and others.

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what's on



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A BETTER BRUCE

Bruce bound motorists set to benefit from \$12 million investment

Motorists travelling north of Brisbane will soon notice a better Bruce Highway thanks to a \$12 million Palaszczuk Government investment.

Member for Murrumbidgee Steven Miles said the funding would be used to resurface about 15km of the busy highway between Pine River Bridge and the Sunshine Coast, with works already underway.

"These works will support the Bruce Highway Upgrade Program which is Queensland's largest yet road infrastructure program," Mr Miles said.

"Works will be completed in seven key locations to improve the road surface and provide smoother driving conditions for motorists using the highway.

"This will mean a safer commute for people travelling north of Brisbane."

Member for Kurwongbah Shane King said he was happy to see investment going towards the important project.

"The programmed resurfacing of key arterial roads is important for extending the life of the road and ensuring a safer journey for motorists," he said.

Member for Morayfield Mark Ryan said populations within the Moreton Bay and Sunshine Coast areas were both forecast to grow more than 20 per cent over the next 10 years.

"The Palaszczuk Government is committed to



maintaining safer roads to cater for this growth," he said.

"The key locations are Murrumbidgee Downs (near Dohles Rocks Road), Elimbah (near Pumicestone Road), Beerburrum (near Red Road), Coochin Creek (near Johnston Road) and Parklands (near Nambour Connection Road), Forest Glen (near Mons Road) and Rosemount (near Petrie Creek Road).

"Works have just begun and will be progressively completed throughout this financial year."

Transport and Main Roads Minister Mark Bailey said the project would be completed as quickly and efficiently as possible, with the least

amount of disruption to traffic, residents and businesses.

"Works will be conducted at night, from Sunday to Thursday to minimise the impact as much as possible," he said.

"We thank motorists and residents for their patience while we carry out these resurfacing works on the Bruce Highway."

Roadworks can add unexpected time to your journey – Motorists are encouraged to plan their trip and check TMR's QLDTraffic website for up-to-date, reliable and accurate traffic and travel information at www.qldtraffic.qld.gov.au.



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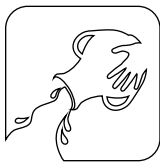
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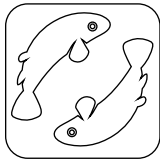




YOUR STARS



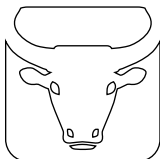
AQUARIUS. (Jan. 21 - Feb. 19): Perhaps it's better to leave things alone for now. Blind spots are as much a fact of life as the truth you're trying to get that person to see. The penny will drop eventually.



PISCES. (Feb. 20 - March 20): You need to stretch and grow if you want to fulfill your potential. Being challenged gets you to challenge yourself.



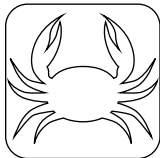
ARIES. (March 21 - April 20): As you come into your own you'll meet with resistance from friends who say they know you best. They used to, but not anymore. Make allowances for that.



TAURUS. (April 21 - May 21): All's well that ends well - at least for now. That said you might want to wait a few days before suggesting how things could be improved.



GEMINI. (May 22 - June 21): Just because someone criticizes what you do doesn't mean this person knows better. It's easy to find fault with something; much harder to create.



CANCER. (June 22 - July 23): Whether it's getting your license, earning your degree, or simply paying your dues - the Stars show you've put in the time and can now write your own ticket.



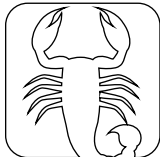
LEO. (July 24 - Aug. 23): Maybe the reason things are tense between you and a parent is because you secretly crave approval. Try asking. You might get it.



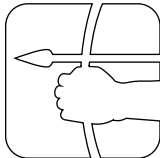
VIRGO. (Aug. 24 - Sept. 23): It's a good idea to rework your regimen. This way you can "fool" your body into producing different results by doing



LIBRA. (Sept. 24 - Oct. 23): Others may sport bigger names on their resumés, but you have the bolder ideas and that's what makes the difference.



SCORPIO. (Oct. 24 - Nov. 22): Hear people out before making judgments. What looks black-and-white to you may be polychromatic to them.



SAGITTARIUS. (Nov. 23 - Dec. 21): Think twice before taking up a cause. What sounds good in the moment proves to be a different story when you have to storm the barricades.



CAPRICORN. (Dec. 22 - Jan. 20): The next few weeks will be transformative. It could be anything from dropping excess pounds to embracing a new lifestyle or belief

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NINE

6.00 Ellen DeGeneres. (PG) **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** Destination Happiness. **12.30** Getaway. (PG) **1.00** Rugby League. QRL: Intrust Super Cup. Finals Week 2. **3.00** Rugby League. NRL Women's. **4.30** Nine News Saturday. **5.00** Rugby League Finals Preview. **5.40** Rugby League. NRL: Second qualifying final. **7.30** Rugby League Finals Preview. **7.50** Rugby League. NRL: Third qualifying final. **9.50** Rugby League Finals Post-Match. **10.50** Movie: The Art Of War. (MA15+) (2000) Wesley Snipes, Anne Archer. **1.10** Cold Case. (M) **2.00** TV Shop. **2.30** Filthy Rich. (M) **3.30** Getaway. (PG) **4.00** Skippy. **4.30** Global Shop. **5.00** TV Shop. **5.30** Wesley Impact.

GO!

6.00 Children's Programs. **12.30** Surfing. World League. Men's Championship Tour. Round 1. Quiksilver Pro Gold Coast. Highlights. **1.30** Children's Programs. **3.00** Gumball. (PG) **3.30** Ben 10. (PG) **4.00** Tom And Jerry. **4.30** Sunny Bunnies. New. **4.45** Uncle Grandpa. (PG) **5.15** Movie: Space Chimps. (PG) (2008) **7.00** Movie: Alvin And The Chipmunks. (G) (2007) **9.00** Movie: Bad Neighbours 2. (MA15+) (2016) **11.00** Kevin Can Wait. (PG) **12.00** Adult Swim. (MA15+) **12.30** Frisky Dingo. (MA15+) **12.45** Mary Shelley's Frankenstein. (M) **1.00** Total Divas. (M) **2.00** Step Dave. (M) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Little Charmers. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Horse Racing. Featuring the Group 2 \$250,000 Dato Tan Chin Nam Stakes (1600m). **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Night At The Museum. (PG) (2006) Ben Stiller, Robin Williams. **9.15** Movie: Battleship. (M) (2012) Taylor Kitsch, Alexander Skarsgard, Rihanna. A US Navy ship fights aliens. **11.50** The Goldbergs. (PG) Beverly plans her own vows renewal. **12.00** Grey's Anatomy. (M) Meredith dodges Maggie's questions. **1.20** Grey's Anatomy. (M) **2.30** Shopping. **4.00** Sons And Daughters. (PG) **4.30** Sons And Daughters. (PG) **5.00** House Of Wellness. (PG)

7TWO

6.00 Shopping. **8.00** Travel Oz. **9.30** NBC Today. **11.30** Harry's Practice. **12.30** Australia's Amazing Homes. (PG) **1.30** Sydney Weekender. **2.00** The Great Australian Doorstep. (PG) **2.30** Vasil's Garden. **3.00** Qld Weekender. **3.30** The Great Day Out. **4.00** Creek To Coast. **4.30** SA Weekender. **5.00** The Zoo. **5.30** Air Crash Investigation. (PG) **7.30** Mighty Cruise Ships. (PG) **8.30** Escape To The Country. Jules Hudson helps a couple, from Maidenhead, find the good life in Somerset. **11.30** Air Crash Investigation. (PG) **12.30** The Zoo. **1.00** The Great Australian Doorstep. (PG) **1.30** Harry's Practice. **3.00** Australia's Amazing Homes. (PG) **4.00** Sydney Weekender. **4.30** Travel Oz.

TEN

6.00 Escape Fishing. **6.30** Reel Action. **7.00** RPM. **8.00** Everyday Gourmet. **8.30** Cook's Pantry. **9.00** Sammy And Bella's Kitchen Rescue. **9.30** St10. (PG) **12.00** The Living Room. **1.00** The 48 Hour Destination. **1.30** Luxury Escapes. **2.00** Bondi Vet. (PG) **3.00** Pooches At Play. **3.30** 15-Min Meals. **4.00** What's Up Down Under. **4.30** Foodie Adventures With Ash Pollard. **5.00** News. **6.00** Territory Cops. (PG) **7.00** Territory Cops. (PG) Tizzy raids a well-known drug den. **7.30** Rugby Union. The Rugby Championship. Round 3. Australia v South Africa. **10.00** Movie: Starsky & Hutch. (M) (2004) Ben Stiller. **12.00** Sherlock Holmes: Elementary. (M) **1.00** Shopping. **5.00** Hour Of Power.

ONE

6.00 Shopping. **8.00** Cheers. (PG) **8.30** Australian Survivor. (PG) **9.30** Australian Survivor. **11.00** Industry Leaders With Janine Allis. **11.30** Fishing Edge. (PG) **12.00** Australia By Design: Landscapes. **12.30** Diagnosis Murder. (PG) **1.30** ST: Next Gen. **2.30** Star Trek: Voyager. **3.30** Epic Meal Empire. (PG) **4.00** Reel Action. **4.30** The Indestructibles. (PG) **5.00** Nature's Great Events. (PG) **6.00** Scorpion. (PG) **8.00** MacGyver. (M) Final. **9.00** Movie: Cyborg. (MA15+) (1989) Jean-Claude Van Damme. **10.45** Movie: Drive Hard. (MA15+) (2014) **12.45** RPM. **1.45** Motor Racing. Formula 1. Race 14. Italian Grand Prix. Replay. **2.45** Operation Repo. (PG) **3.45** The Doctors. (M) **4.40** The Doctors. **5.35** Whacked Out Sports. (PG)

ABC

6.00 Rage. (PG) **10.00** Rage. (PG) **11.10** Grand Designs Australia. **12.00** ABC News At Noon. **12.30** Death In Paradise. (PG) **1.30** Our Zoo. (PG) **2.30** Catalyst. **3.30** Todd Sampson's Life On The Line. (PG) **4.00** Landline. **4.30** Tony Robinson's Time Walks. **5.00** Antiques Roadshow. **6.00** Compass. (PG) **6.30** Back Roads. **7.00** ABC News. **7.30** The Split. (M) **8.30** DCI Banks. (M) **9.20** Rake. (M) **10.20** The Last Post. (M) **11.20** Birds Of A Feather. (PG) Final. **11.45** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.20** Hey Duggee. **5.30** Peppa Pig. **5.35** Octonauts. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adv. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Would I Lie To You? (M) **8.30** Live At The Apollo. (M) **9.15** Chris Ramsey's Stand Up Central. (M) **9.40** Triple J's One Night Stand Up. (M) **10.25** Comedy Next Gen. (MA15+) **11.25** Comedy Up Late. (M) **11.55** Penn & Teller: Fool Us. (PG) **12.40** Live At The Apollo. (M) **1.20** The Moaning Of Life. (M) **2.10** Chris Ramsey's Stand Up Central. (M) **2.30** News Update. **2.35** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** The Day Henry Met. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 Tennis. US Open. Men's semi-finals. **2.00** Small Business Secrets. **2.30** Gymnastics. FIG Rhythmic World Challenge Cup. Round 3. **4.30** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.30** The Great Human Odyssey. (PG) **6.30** News. **7.30** Joanna Lumley: The Quest For Noah's Ark. **8.45** Running Wild With Roger Federer. (PG) **9.35** The Pink House: Australia's Oldest Brothel. (MA15+) **11.00** Movie: 13 Minutes. (MA15+) (2015) Christian Friedel, Katharina Schüttler. **1.10** Movie: General Nil. (MA15+) (2009) Olgierd Lukaszewicz, Alicja Jachiewicz. **3.30** Sex Diaries. (M) **4.25** Food Lover's Guide. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Insight. **1.00** Front Up. (PG) **1.30** What's The Catch With Matthew Evans. (PG) Return. **2.30** What's The Catch With Matthew Evans. (PG) **3.30** What's The Catch With Matthew Evans. (PG) **4.35** PBS News. **5.35** It's Suppertime! (PG) **6.05** It's Suppertime! Final. **6.30** Heston's Recipe For Romance. (PG) **7.30** If You Are The One. (PG) **8.30** Movie: Sky Captain And The World Of Tomorrow. (2004) **10.30** Cycling. UCI World Tour. Vuelta a España. Stage 14. **2.00** Shot By Kern. (MA15+) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.10pm Snowden (2016) Biographical. Joseph Gordon-Levitt, Shailene Woodley. (M) *Premiere*
8.30pm 21 Jump Street (2012) Comedy. Channing Tatum, Jonah Hill. (MA15+) *Comedy*
11.50pm Truth (2015) Drama. Cate Blanchett, Robert Redford. (M) *Premiere*

GENERAL

8.30pm Law & Order: SVU. (MA15+) *Universal Channel*
8.30pm Black Jesus. (M) *Comedy Channel*
9.40pm Major Crimes. (M) *Showcase*

DOCUMENTARY

7.30pm The Beginning And The End Of The Universe. (PG) *History*
9.00pm National Park: Secrets & Legends. (PG) *History*
11.30pm Haunted Case Files. (M) *Crime & Investigation*

SPORT

6.50pm Motorcycle Racing. Moto2. Round 13. San Marino Grand Prix. Practice 3. *Fox Sports*
506

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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LAWYERS



BRISBANE WRITERS FESTIVAL

Date: Thursday 6 - Saturday 9 September 2018

Location: State Library of Queensland

Now in its 56th year, BWF has always explored the big ideas – this year is no exception as they put the question to writers and audiences, "What does the world need now?"

In 2018 BWF brings the future into focus, showcasing some of the world's most influential thinkers, each bringing their own unique vision for tomorrow to Brisbane. Ideas as far ranging as raising teens to ending epidemics, politics and the environment, culture and identity and all things writing will be open for discussion over 3 days of readings, debate, special events and free public sessions.

Single sessions from \$15; day passes from \$70 (Special events are not included in day passes or bundles and must be purchased separately.)

Tickets and more information via: bwf.org.au or 07 3255 0254

**6-9
SEPT**



MORETON BAY FOOD AND WINE FESTIVAL

Date: 8 - 9 September 2018

Location: Redcliffe Seaside Village - Redcliffe Parade, Redcliffe

Get ready to eat, drink and enjoy all weekend long at the first ever Moreton Bay Food & Wine Festival. Entry to the festival is free and there are a number of both free and ticketed events over the weekend.

There will be something to satisfy everyone with cooking demonstrations, celebrity chefs, pop-up bars and dining precincts, tastings, international flavours, seminars, live entertainment and a huge fireworks show on Saturday night.

With Moreton Bay as its stunning backdrop, the festival winds its way along the Redcliffe Foreshore where foodies can enjoy top-notch bites and sips, along with a jam-packed program of entertainment.

Tickets and more information via: www.visitmoretonbayregion.com.au

**8-9
SEPT**



TOOWOOMBA CARNIVAL OF FLOWERS

Date: 21 to 30 September 2018

Location: Toowoomba park and Gardens

Toowoomba Carnival of Flowers is a spring time celebration of unique events and experiences including internationally acclaimed musical acts, award winning parks, some of the best food and wine to be found in Southern Queensland and a multitude of cultural adventures, stars, celebs.

The Grand Central Floral Parade is to be held on Saturday September 22, 2018, the 69th annual parade will host over 70 floats.

The Heritage Bank Festival of Food & Wine will host over 50 food and wine stalls, beer and BBQ demonstrations, foodie experiences and cooking demonstrations.

Tickets and more information via: www.tcof.com.au

**21-30
SEPT**



BRISBANE FESTIVAL

Date: Saturday 8 - Saturday 29 September 2018

Location: Various locations throughout Brisbane

Each September, Brisbane explodes with a thrilling program of entertainment, both free and ticketed.

The Brisbane Festival aims to connect artists and audiences in ways that lift the spirit, disrupt the conventional and open our city to the world.

A major annual since 2009, but in that time it's been embraced by the city and admired by the world. This year's Brisbane Festival delivers a program brimming with big-name acts, more world premieres than ever, and a spectacular new light-and-laser show on the river that will see Brisbane illuminated for 22 days of celebration from 8 September.

The massive program boasts almost 600 performances – 100 of them free – of almost 70 shows across 17 venues. More than 1,000 artists are involved.

With a program full of theatre, dance, music, circus, comedy, cabaret and family entertainment, Brisbane Festival is one of Australia's major international arts festival and Queensland's largest cultural event.

Tickets and more information via: www.brisbanefestival.com.au

**8-29
SEPT**

NINE

6.00 World's Best Beaches. **7.00** Weekend Today. **10.00** Sports Sunday. (PG) **11.00** NRL Sunday Footy Show. (PG) **1.00** Rode To Rescue. **1.30** Rugby League. NRL Women's. **3.00** Rugby League Finals Preview. **4.10** Rugby League. NRL. Fourth qualifying final. **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** City Of Evil. (MA15+) **10.30** See No Evil. (M) Return. **11.30** Conspiracy. (PG) **12.30** Cold Case. (M) **1.30** Getaway. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.10** The Brokenwood Mysteries. (M) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** LEGO Friends. **11.30** Nexa Knights. (PG) **12.00** Turning Mecard. **12.30** My Little Pony: Friendship Is Magic. **1.00** Beyblade Burst Evolution. **1.30** Uncle Grandpa. (PG) **2.00** Clarence. (PG) **2.30** Tom And Jerry. **3.00** Gumball. (PG) **3.30** Power Rangers Super Ninja Warrior. (PG) **6.00** Big Bang. (PG) **8.30** Movie: The Dark Knight. (M) (2008) **11.30** Big Bang. (PG) **12.00** Adult Swim. (MA15+) **12.30** Frisky Dingo. (MA15+) **12.45** Moral Orel. (MA15+) **1.00** Movie: Justice League: The Flashpoint Paradox. (M) (2013) **2.30** Surfing Australia TV. (PG) **3.00** Thunderbirds. **4.00** Yu-Gi-Oh! (PG) **4.30** Little Charmers. **5.10** Yo-Kai. (PG) **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** House Of Wellness. (PG) **1.00** To Be Advised. **2.15** To Be Advised. **3.30** Coastwatch Oz. (PG) **4.00** Better Homes. **5.00** News. **5.30** The Great Day Out. **6.00** News. **7.00** Little Big Shots. (PG) **8.00** Sunday Night. Hosted by Melissa Doyle. **9.00** Crime Investigation Australia: Most Infamous. (MA15+) Takes a look at the murder of three members of the Gonzales family by their son Sef in 2001. **10.15** The Investigator: A British Crime Story. (MA15+) **11.15** Criminal Confessions. (M) **12.15** Black-ish. (PG) **12.45** Black-ish. (PG) **1.15** Travel Oz. (PG) **2.00** Shopping. **3.30** Harry's Practice. **4.00** NBC Press. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Amazing Facts. (PG) **7.00** Tomorrow's World. (PG) **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** Sydney Weekender. **9.00** Shopping. **9.30** Harry's Practice. **10.00** House Of Wellness. (PG) **11.00** NBC Today. **12.00** Free Range Cook. **2.00** Escape To The Country. **5.00** To Be Advised. **6.00** Mighty Ships. (PG) **7.00** Border Security: Int. (PG) **8.00** Border Security. (PG) Officers question a man after he tries to bribe them. Some cartoon characters reveal a sinister plot. **10.00** To Be Advised. **10.30** Border Security. (PG) **12.30** Border Security: Int. (PG) **1.30** Free Range Cook. **3.30** Vasil's Garden. **4.00** Qld Weekender. **4.30** The Great Day Out. **5.00** Creek To Coast. **5.30** SA Weekender.

TEN

6.00 Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** The Living Room. **9.00** Foodie Adventures With Ash Pollard. **9.30** St10. (PG) **12.00** Everyday Gourmet. **12.30** Tales By Light. (PG) **1.30** Cook's Pantry. **2.00** Food Fight Club. (PG) **3.00** Australia By Design: Landscapes. **3.30** The 48 Hour Destination. **4.00** RPM. **5.00** News. **6.00** Bondi Rescue. (PG) **6.30** The Sunday Project. **7.30** Russell Coight's All Aussie Adventures. (PG) **8.00** Russell Coight's All Aussie Adventures. (PG) Final. **8.30** Movie: Red 2. (M) (2013) Bruce Willis, John Malkovich. **10.50** Sports Tonight. **11.35** Sherlock Holmes: Elementary. (M) **12.30** The Sunday Project. **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Shopping. **8.00** Rugby Union. The Rugby Championship. Round 3. Australia v South Africa. Replay. **10.45** Industry Leaders With Janine Allis. **11.15** Fishing Edge. **11.45** Reel Action. **12.15** Whacked Out Sports. **12.30** Air Racing. Red Bull Series. Round 6. Highlights. **1.30** The Indestructibles. **2.00** Epic Meal Empire. **2.30** The Doctors. **3.30** Monster Jam. **4.30** Pooches At Play. **5.00** What's Up Down Under. **5.30** I Fish. **6.00** Scorpion. **7.00** Nature's Great Events. **9.00** Bondi Rescue. **9.30** Motorcycle Racing. MotoGP. Race 13. San Marino Grand Prix. **11.00** Car Crash Britain. **12.00** Sports Tonight. **12.45** RPM. **1.45** Air Racing. Red Bull Series. Round 6. Highlights. **2.45** Late Programs.

ABC

6.00 Rage. (PG) **7.00** Weekend Breakfast. **9.00** Insiders. **10.00** Offsiders. **10.30** World This Week. **11.00** Compass. (PG) **11.30** Praise. **12.00** ABC News At Noon. **12.30** Landline. **1.30** Gardening Australia. **2.30** Dream Gardens. Final. **3.00** Antiques Roadshow. **4.00** The Mix. **4.30** The Split. (PG) **5.30** Anh's Brush With Fame. (PG) **6.00** Catalyst. **7.00** ABC News Sunday. **7.40** Joanna Lumley's India. (PG) **8.30** Rake. (M) **9.25** Vera. (M) **11.00** Indian Summers. (M) **11.50** Movie: Healing. (M) (2014) Don Hany, Hugo Weaving, Xavier Samuel. A prisoner takes part in a rehabilitation program which pairs men with injured raptors. **1.45** Vera. (M) **3.20** Indian Summers. (M) **4.10** Doc Martin. (PG) **5.00** Insiders.

ABC COM

6.00 Children's Programs. **5.35** Noddy Toyland Detective. **5.50** Little Roy. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Prehistoric Adv. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Penn & Teller: Fool Us. (PG) **8.45** Dara O'Briain: Craic Dealer. (M) **9.35** Alan Davies: As Yet Untitled. (M) **10.20** Would I Lie To You? (M) **10.50** Absolutely Fabulous. (PG) **11.20** Blackadder II. (M) **11.50** The IT Crowd. (PG) **12.15** The IT Crowd. (M) **1.05** Famalam. (M) Final. **1.25** Dynamo: Magician Impossible. (M) **2.15** Troy. (M) **3.00** News Update. **3.05** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** The Day Henry Met. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 Tennis. US Open. Women's final. **9.00** WorldWatch. **12.30** Turkish News. **1.00** Motorcycle Racing. Australian Superbike Championship. Round 6. **3.30** The Bowls Show. **4.30** Small Business Secrets. **5.05** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.35** Nazi Megastructures. (PG) **6.30** News. **7.35** Beasts And The Pharaohs. **8.30** Concorde: Designing The Dream. **9.30** Concorde: Designing The Dream. **10.25** Gender Revolution With Katie Couric. (M) **12.10** O.J. Simpson: Made In America. (PG) **1.50** First Contact. (M) **2.55** Lockerbie: My Brother's Bomber. (PG) **4.00** Netanyahu At War. (PG) **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** PopAsia TV. (PG) **10.00** Portuguese News. **10.50** Urdu News. **11.35** Hindi News. **12.00** Insight. **1.00** Vs Arashi. **1.55** Inside Heston's World. (PG) **2.55** Inside Heston's World. **3.55** Inside Heston's World. (PG) **5.00** Inside Heston's World. **6.00** Growing Up Trans. (PG) **7.30** The Gadget Show. New. **8.00** The Gadget Show. **8.30** The Employables. (M) **9.30** The Girlfriend Experience. (MA15+) **10.05** White Right: Meeting The Enemy. **11.05** Cycling. UCI World Tour. Vuelta a España. Stage 15. **2.00** Slutever. (MA15+) **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm The Last Witch Hunter (2015) Action. (M) *Action*
8.30pm Captain Fantastic (2016) Drama. Viggo Mortensen, George Mackay. (M) *Masterpiece*
10.05pm Independence Day: Resurgence (2016) Sci-fi. Liam Hemsworth, Jeff Goldblum. (M) *Premiere*

GENERAL

8.30pm Rizzoli & Isles. (M) *Showcase*
11.10pm Taxicab Confessions: New York, New York. (MA15+) *Comedy Channel*

DOCUMENTARY

9.30pm Interview With A Murderer. (MA15+) *Crime & Investigation*
10.30pm Paranormal Lockdown. (M) *TLC*
11.30pm Disappeared. (M) *TLC*

SPORT

7.20pm Football. AFL Finals. Week 1. *Fox Footy*
8.00pm Rugby Union. The Rugby Championship. Round 3. Australia v South Africa. *Fox Sports 501*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

0909



There are other
North Lakes residents affected by
the proposed VRG development.
Will you speak for them?

Contact: savenorthlakes@gmail.com

NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Doctor Doctor. (PG) **9.40** Dr Christian Jessen Will See You Now. (M) **10.40** 100% Footy. (M) **11.40** Two And A Half Men. (M) **12.10** Two And A Half Men. (M) **12.35** Rizzoli & Isles. (MA15+) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Extra. **3.30** A Current Affair. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Top Gear. (PG) **12.30** World's Funniest Videos Top 10 Countdown. (PG) **1.00** Cold Water Cowboys. (M) **2.00** Children's Programs. **3.30** Ninjago. (PG) **4.00** Kids' WB. (PG) **4.05** Tom And Jerry. **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: National Security. (M) (2003) **10.50** Big Bang. (PG) **12.15** Bad Robots. (M) **12.45** Friends. (PG) **1.45** Mr Pickles. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Power Rangers Super Ninja Steel. (PG) **3.30** Beyblade Burst Evolution. **4.00** Tom And Jerry. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Killer Assistant. (M) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Leah struggles to say goodbye to Hunter. Willow tries to make peace with Jasmine. **7.30** Little Big Shots. (PG) Hosted by Shane Jacobson. **8.30** Miniseries: Bancroft. (M) Part 1 of 2. A formidable detective, who is hiding an explosive secret, is put in charge of an investigation. **10.40** The Investigator: A British Crime Story. (MA15+) **11.40** Life Sentence. (M) **12.40** Talking Footy. **1.40** Harry's Practice. **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo Wild Friends. **7.30** Get Clever. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **10.30** NBC Press. **11.30** Vasil's Garden. **12.00** Mighty Ships. (PG) **1.00** The Layover. (M) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Property Ladder UK Revisited. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Doc Martin. (PG) **8.30** Foyle's War. (M) **10.30** Crimes That Shook The World. (MA15+) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Property Ladder UK Revisited. **2.00** Foyle's War. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Late Programs.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Australian Survivor. **2.30** Ent. Tonight. **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Australian Survivor. **8.30** Have You Been Paying Attention? (M) A panel of special guests compete to see who can remember the most about the week. **9.30** Street Smart. (PG) Steve plans to break into a shopping centre. **10.00** The Graham Norton Show. (M) **11.00** Man With A Plan. (PG) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** Whacked Out Sports. (PG) **8.15** RPM. **9.15** Sports Tonight. **10.00** Scorpion. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS. (M) **11.30** CSI: Miami. (M) **12.30** Home Shopping. **2.00** Motorcycle Racing. MotoGP. Race 13. San Marino Grand Prix. Replay. From Misano World Circuit Marco Simoncelli, Misano Adriatico, Italy. **3.30** Hogan's Heroes. **4.00** Diagnosis Murder. (PG) **5.00** The Doctors.

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Aust. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Landline. **2.00** Parliament. **3.10** Doc Martin. (PG) **3.55** Doctor Who. (PG) Final. **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Australian Story. **8.30** Four Corners. **9.15** Media Watch. (PG) **9.35** Q&A: High School Students Special. **10.40** ABC Late News. **11.10** The Business. **11.30** Golf. PGA Tour. BMW Championship. Highlights. From Aronimink Golf Club, Newtown Square, Pennsylvania. **12.25** Head First. (M) **1.25** Parliament. **2.25** Rage. (MA15+) **4.10** Doctor Who. (PG) Final. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **5.35** Noddy Toyland Detective. **5.50** Little Roy. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Adam Hills: The Last Leg. (M) **8.40** Josh. (M) **9.10** Schitt's Creek. (M) New. **9.35** Alan Davies: As Yet Untitled. (M) **10.20** Peep Show. (M) **10.45** Workaholics. (M) **11.10** Archer. (MA15+) **11.30** The Office. (PG) **11.50** 30 Rock. (PG) **12.15** Parks And Recreation. (PG) **12.35** Peep Show. (M) **1.05** Workaholics. (M) **1.25** The Office. (PG) **1.50** Archer. (M) **2.10** News Update. **2.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** The Day Henry Met. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 Tennis. US Open. Men's final. **10.00** WorldWatch. **2.00** Mars. (PG) **3.00** Nana Ou-Yang. **3.25** Raising The Curtain. (PG) **4.30** Kylie Kwong: Heart And Soul. **5.00** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Empire Of The Tsars: Romanov Russia. (PG) **8.35** The Body Coach. **9.35** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** The World Game. **11.30** Modus. (M) Return. **12.25** Modus. (M) **1.20** Gangland Undercover. (MA15+) **2.15** Gangland Undercover. (MA15+) **3.05** Gangland Undercover. (MA15+) **3.55** Poh's Kitchen. **4.25** Poh's Kitchen. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.30** Serbian News. **10.00** Dutch News. **10.30** Tamil News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Beginners. (M) (2010) **1.55** Drunk History. (M) **2.20** Drunk History. (M) **2.45** Huang's World. (PG) **3.35** PopAsia TV. (PG) **4.35** Vs Arashi. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Mr Tachyon On The Edge Of Science. (M) **8.30** Movie: The Impossible. (M) (2012) **10.35** Movie: Into The Blue. (2005) **12.40** Spotless. (MA15+) **1.45** Murder, Mayhem And Meditation. (M) **2.35** CGTN English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.30pm War Dogs (2016) Comedy. Jonah Hill, Ana de Armas. (M) **Premiere** **8.30pm RoboCop** (2014) Action. Joel Kinnaman, Gary Oldman. (M) **Action** **10.35pm Little Fockers** (2010) Comedy. Ben Stiller, Robert De Niro. (M) **Comedy**

GENERAL

6.00pm The Middle. (PG) **Comedy Channel** **7.30pm Modern Family.** (M) **FOX8** **8.30pm Top Of The Lake: China Girl.** (MA15+) **BBC First**

DOCUMENTARY

7.30pm David Baddiel On The Silk Road. (PG) **Discovery** **8.30pm Maestro Series.** **Foxtel Arts** **9.35pm 24 Hours In Emergency.** (M) **Lifestyle**

SPORT

6.05pm Motorcycle Racing. **MotoGP.** Round 13. San Marino Grand Prix. **Race.** **Fox Sports 506** **8.00pm Cricket.** Third Test. England v West Indies. Day 4. **Fox Sports 505** **9.00pm Ski Jumping.** Summer Grand Prix. HS 140. **Eurosport**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

1009

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Doctor Doctor. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** True Story With Hamish & Andy. (PG) **9.10** True Story With Hamish & Andy. (PG) **9.40** Kath & Kim. (PG) **10.15** Kath & Kim. (PG) **10.50** Mom. (M) **11.20** Mom. (M) **11.50** The Closer. (M) **12.40** Body Donors. (M) **1.30** Cyndi Lauper: Still So Unusual. (PG) **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Extra. **3.30** A Current Affair. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Step Dave. (M) **1.00** Cold Water Cowboys. (M) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Tom And Jerry. **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: The Devil's Advocate. (MA15+) (1997) **12.00** Bad Robots. (M) **12.30** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **1.45** Mr Pickles. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Clarence. (PG) **3.30** Beyblade Burst Evolution. **4.00** Tom And Jerry. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Stranger In The House. (M) (2016) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Take Me Out. (M) Hosted by Joel Creasey. **8.45** 800 Words. (PG) George and Woody fail to make up after Arlo's shenanigans. Ike receives some unlikely help from Shay. **9.45** QE2: The World's Greatest Cruise Ship. (PG) Part 2 of 2. Takes a look at one of the world's most luxurious ocean liners, the Queen Elizabeth 2. **10.45** Chicago Fire. (M) **11.45** Life Sentence. (M) **12.45** Cosmetic Coffee. (M) **1.15** The Player. (M) **2.30** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo Wild Friends. **7.30** Get Clever. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Mr Selfridge. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Property Ladder UK Revisited. (PG) **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** To Be Advised. **8.30** Inspector George Gently. (M) A left-wing academic is murdered. **10.30** Air Crash Investigation. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Property Ladder UK Revisited. (PG) **2.00** Inspector George Gently. (M) **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. (PG) **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** Australian Survivor. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** Australian Survivor. Two of the contestants go head-to-head rounding up votes for the other, in order to gain power. **9.00** Bull. (M) Bull agrees to help Chunk's daughter when her journalism professor faces jail time. **10.00** NCIS: LA. (M) Callen's father is apprehended. **11.00** The Project. **12.00** Stephen Colbert. (PG) **1.00** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** CSI: Miami. (M) **10.30** CSI: NY. (M) **11.30** 48 Hours. (M) **12.30** Home Shopping. **2.00** Star Trek: Voyager. **3.00** Walker, Texas Ranger. (M) **4.00** Cheers. (PG) **5.00** The Doctors.

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Four Corners. **1.45** Media Watch. (PG) **2.00** Parliament. **2.55** Murder, She Wrote. (PG) **3.40** Mary Berry's Absolute Favourites. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Foreign Correspondent. **8.30** Catalyst. **9.30** David Attenborough's Conquest Of The Skies. **10.25** ABC Late News. **10.55** The Business. **11.10** Q&A: High School Students Special. **12.15** Conquest Of The Skies. **1.10** Parliament. **2.10** Rage. (MA15+) **4.40** New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. **8.00** Mock The Week. **8.35** The IT Crowd. (M) **9.00** Schitt's Creek. (M) **9.20** Back Seat Drivers Shorts. (M) **9.30** The Inbetweeners. (M) **9.55** Peep Show. (M) **10.20** Workaholics. (M) **10.40** Archer. (M) **11.05** The Office. (PG) **11.25** 30 Rock. (M) **11.50** Parks And Recreation. (M) **12.10** Schitt's Creek. (M) **12.35** Peep Show. (M) **1.00** Workaholics. (M) **1.25** The Office. (PG) **1.45** Archer. (MA15+) **2.10** News Update. **2.15** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** The Day Henry Met. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Mars. (M) **2.55** Kylie Kwong: My China. **3.25** Who Do You Think You Are? (PG) **4.25** Kylie Kwong: Heart And Soul. **5.00** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Great Continental Railway Journeys. (PG) **8.30** Insight. **9.30** Dateline. **10.10** The Gang Crackdown. **10.40** SBS News. **11.10** The Son. (M) **11.55** Cardinal. (MA15+) **12.45** Movie: Spirited Away. (PG) (2001) **3.00** Movie: Sleepless Night. (M) (2011) **4.55** Poh & Co. Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: The Kid With A Bike. (M) (2011) **1.30** VICE. (M) **2.05** Drunk History. (M) **2.30** Drunk History. (M) **3.00** Tough Young Teachers. (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Adam Ruins Everything. (PG) **8.30** 8 Out Of 10 Cats Does Countdown. **9.30** Post Radical. (M) **10.20** F*ck That's Delicious. (M) **10.50** Slutever. (MA15+) **11.15** Cycling. UCI World Tour. Vuelta a España. Stage 16. **2.00** News. **2.25** RT News In English From Moscow. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Spotlight (2015) Drama. Michael Keaton, Rachel McAdams. (M) **Masterpiece** **8.30pm Unforgiven** (1992) Western. Clint Eastwood, Gene Hackman. (M) **Action** **10.25pm Inferno** (2016) Action. Tom Hanks, Felicity Jones. (M) **Premiere**

GENERAL

8.00pm Storage Hunters UK. (PG) **A&E** **8.30pm Castle.** (M) **Universal Channel** **11.15pm Room 104.** (MA15+) **Showcase**

DOCUMENTARY

8.30pm My Dream Home. (PG) **Lifestyle Home** **9.30pm Year Million.** (PG) **National Geographic** **10.00pm Here Comes Honey Boo Boo.** (PG) **7LC**

SPORT

8.00pm Cricket. Third Test. England v West Indies. **Day 5. Fox Sports 505** **9.30pm Monday Night With Matty Johns.** **Fox League** **10.30pm On The Couch.** **Fox Footy**

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Kevin Can Wait. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Bite Club. (M) **9.40** Inside Crime. **10.55** Lethal Weapon. (M) **11.55** Rizzoli & Isles. (M) **12.50** Extra. **1.20** Rode To Rescue. **2.00** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** A Current Affair. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Step Dave. (M) **1.00** Cold Water Cowboys. (M) **2.00** Children's Programs. **3.00** Pokémon The Series: Sun & Moon. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Tom And Jerry. **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **9.00** Movie: The 6th Day. (M) (2000) **11.30** Big Bang. (PG) **12.00** Bad Robots. (M) **12.30** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **1.45** Mr Pickles. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Clarence. (PG) **3.30** Beyblade Burst Evolution. **4.00** Tom And Jerry. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Dark Intentions. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) **7.30** Highway Patrol. (PG) Final. **8.00** Motorbike Cops. (PG) **8.30** 9-1-1. (M) A full moon keeps the crew busy with some crazy calls as Athena deals with a potential home invasion. **9.30** Criminal Minds. (M) The team travels to Chicago to search for a killer who has been leaving red roses on each of his victims. **10.30** Criminal Minds. (MA15+) **11.30** Deception. (M) **12.30** Quantico. (M) **1.30** Travel Oz. (PG) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Lovejoy. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Property Ladder UK Revisited. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Tales From The Coast With Robson Green. (PG) Part 2 of 4. **8.30** Judge John Deed. (M) John Deed is given a controversial case. **10.30** Cities Of The Underworld. (PG) **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Property Ladder UK Revisited. **2.00** Shopping. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Bachelor Aust. (PG) **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. A look at the day's news. **7.30** The Bachelor Aust. Nick Cummins, a former rugby union player, sets out to find true love from among a group of bachelorettes. **8.30** Movie: My Big Fat Greek Wedding. (PG) (2002) Nia Vardalos, John Corbett, Michael Constantine. A Greek woman falls in love. **10.30** Hawaii Five-O. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** NCIS: Los Angeles. (M) **11.30** CSI: NY. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Walker, Texas Ranger. (M) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors.

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. **12.00** ABC News At Noon. **12.30** Press Club. **1.30** Aust Story. **2.00** Parliament. **3.00** Murder, She Wrote. (PG) **3.45** The Cook And The Chef. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **7.00** ABC News. **7.30** 7.30. **8.00** Brush With Fame. Final. **8.30** The Weekly. (M) Final. **9.00** Back In Very Small Business. (M) **9.35** Adam Hills: The Last Leg. (M) **10.15** Miniseries: Bucket. (M) **10.45** ABC Late News. **11.15** The Business. **11.30** Four Corners. **12.20** Media Watch. (PG) **12.35** Miniseries: Bucket. (M) **1.00** Late Programs.

ABC COM

6.00 Children's Programs. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Absolutely Fabulous. (PG) **8.30** The Catherine Tate Show. (M) **9.00** Schitt's Creek. (M) **9.25** Back Seat Drivers Shorts. (M) **9.30** The Moaning Of Life. (M) **10.15** Peep Show. (M) **10.40** Workaholics. (MA15+) **11.00** Archer. (M) **11.20** The Office. (PG) Final. **11.45** 30 Rock. (PG) **12.05** Parks And Recreation. (M) **12.25** Corey White's Roadmap To Paradise. (M) **12.55** Schitt's Creek. (M) **1.20** Peep Show. (M) **1.45** Workaholics. (M) **2.05** The Office. (PG) **2.30** Archer. (M) **2.50** News Update. **2.55** Close. **5.00** The VotWots. **5.10** Arthur. **5.35** The Day Henry Met. Final. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** Mars. (M) **2.50** Dateline. **3.30** Insight. **4.30** Kylie Kwong: Heart And Soul. **5.00** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Railway Journeys UK. (PG) **8.05** Railway Journeys UK. (PG) **8.35** Hidden Restaurants With Michel Roux Jr. **9.35** Deep State. (M) **10.35** SBS News. **11.10** Taboo. (MA15+) **12.15** Movie: Xingu. (M) (2012) **2.05** Bosch. (M) **3.05** Bosch. (M) **4.00** Inquisition. (MA15+) **4.55** Destination Flavour Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **7.30** Polish News. **8.00** Ukrainian News. **8.30** Macedonian News. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** African News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Helpless. (M) (2012) **2.05** Drunk History. (M) **2.30** Drunk History. (M) **3.00** Over The Black Dot. **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** South Park. (M) **8.30** Movie: Children Of Men. (MA15+) (2006) **10.30** Cycling. UCI World Tour. Vuelta a España. Stage 17. **2.00** News. **2.30** France 24. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lanka Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.40pm Truman (2015) Comedy. Ricardo Darin, Dolores Fonzi. (MA15+) *World Movies*
8.30pm 300: Rise Of An Empire (2014) Action. Sullivan Stapleton, Eva Green. (MA15+) *Action*
10.05pm Steel Magnolias (1989) Drama. Sally Field, Shirley MacLaine. (M) *Romance*

GENERAL

7.30pm Judge Judy. (PG) *Arena*
8.00pm Catastrophe. (MA15+) *Showcase*
9.30pm The Night Shift. (MA15+) *Universal Channel*

DOCUMENTARY

7.30pm Shark Tank. (PG) *Discovery*
8.30pm Naked And Afraid XL Special. (M) *Discovery*
9.30pm Encounters With Evil. (M) *Crime & Investigation*

SPORT

7.30pm NBA: The Jump. *ESPN*
8.30pm AFL Players MVP Awards. *Fox Footy*
10.00pm Magic Of The Cup. *Fox Sports 505*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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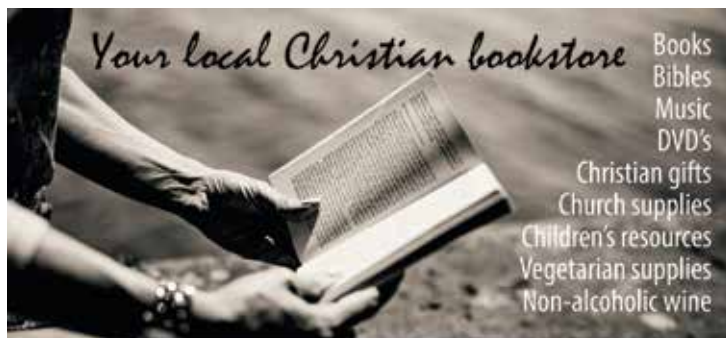
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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Bite Club. (M) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.00** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** Driving Test. (PG) **8.00** RBT. (PG) **8.30** World's Wildest Flights. (PG) **9.30** The NRL Footy Show. (M) **11.00** The AFL Footy Show. (M) **12.30** Cold Case. (M) **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** Extra. **3.30** A Current Affair. **4.00** The Ellen DeGeneres Show. (PG) **5.00** News Early Edition. **5.30** Today.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Step Dave. (M) **1.00** Cold Water Cowboys. (M) **2.00** Children's Programs. **3.30** Nexo Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Tom And Jerry. **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.00** Big Bang. (PG) **8.30** Movie: Johnny English Reborn. (PG) (2011) **10.30** Big Bang. (PG) **12.00** WWE Raw. (MA15+) **1.00** Friends. (PG) **1.30** Aqua Teen Hunger Force. (MA15+) **1.45** Mr Pickles. (MA15+) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Clarence. (PG) **3.30** Beyblade Burst Evolution. **4.00** Tom And Jerry. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: Abducted. (M) (2015) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Home And Away. (PG) Ryder is at a loss on how to get through to Coco. Tori asks Robbo a life-changing question. **8.30** Movie: Deja Vu. (M) (2006) Denzel Washington, Paula Patton, Jim Caviezel. After a bomb explodes on a New Orleans ferry, a federal agent uses advanced technology to investigate. **11.00** Autopsy USA. (M) Presented by Dr Michael Hunter. **12.00** Manhattan Love Story. (PG) **12.30** Manhattan Love Story. (PG) **1.00** Grey's Anatomy. (M) **2.00** Shopping. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** Property Ladder UK Revisited. (PG) **1.00** Cities Of The Underworld. (PG) **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Property Ladder UK Revisited. **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. (PG) **7.30** Father Brown. (M) **8.30** Murdoch Mysteries. A philandering businessman is poisoned. **11.30** Medical Emergency. (PG) **12.00** Escape To The Country. **1.00** Property Ladder UK Revisited. **3.00** Bargain Hunt. **4.00** Million Dollar Minute. **5.00** Harry's Practice. **5.30** Animal Rescue.

TEN

6.00 The Talk. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (M) **1.00** The Bachelor Aust. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** The Bachelor Aust. Hosted by Osher Günsberg. **8.30** Gogglebox. TV fanatics open up their living rooms to reveal their reactions to popular and topical TV shows. **9.30** Blue Bloods. (M) Danny resorts to asking his incarcerated archenemy, Victor Lugo, for help locating a dangerous criminal. **10.30** Blue Bloods. (M) **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping. **4.30** CBS Morning.

ONE

6.00 Home Shopping. **8.00** MacGyver. (PG) **9.00** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **8.30** Car Crash Britain. (M) **9.30** The Ultimate Fighter: Heavy Hitters. **10.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Star Trek: The Next Generation. (PG) **3.00** Cheers. (PG) **4.00** Diagnosis Murder. (PG) **5.00** The Doctors. (PG)

ABC

6.00 News. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Aust. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** Afghanistan: Inside Australia's War. (M) Final. **2.00** Parliament. **3.00** Murder, She Wrote. (PG) **3.45** The Cook And The Chef. **4.10** Doc Martin. **5.00** ABC News At Five. **5.10** Drum. **6.00** Grand Designs. **6.55** Sammy J. **7.00** ABC News. **7.30** 7.30. **8.00** Grand Designs Australia. (PG) **8.50** Loch Ness. (M) **9.40** QI. (M) **10.10** ABC Late News. **10.40** The Business. **10.55** Hitting Home With Sarah Ferguson. (M) **12.00** Loch Ness. (M) **12.45** Miniseries: Inside Men. (M) **1.40** Parliament. **2.40** Rage. (MA15+) **4.40** New Inventors. **5.10** Doc Martin. (PG)

ABC COM

6.00 Children's Programs. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** The Weekly. (M) Final. **8.25** Sammy J. **8.30** The Hollowmen. (M) **9.00** Schitt's Creek. (PG) **9.25** To Be Advised. **9.30** Back In Very Small Business. (M) **10.00** Peep Show. (M) **10.25** Workaholics. (M) **10.50** Archer. (M) **11.10** 30 Rock. (PG) **11.35** Parks And Recreation. (PG) **11.55** Schitt's Creek. (M) **12.20** Peep Show. (M) **12.45** Workaholics. (MA15+) **1.05** The Office. (PG) Final. **1.30** Archer. (M) **1.55** News Update. **2.00** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **12.30** Turkish News. **1.00** PBS News. **2.00** Living Black. **2.30** The Marngrook Footy Show. **4.00** My Restaurant In India. **4.30** Kylie Kwong: Heart And Soul. **5.00** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.30** Tony Robinson Down Under. (PG) **8.30** Police Custody: The Lethal Weapon. (M) **9.30** 24 Hours In Emergency. (M) **10.30** SBS News. **11.00** Counterpart. **12.00** Counterpart. **1.00** Outlander. (MA15+) **2.05** Outlander. (MA15+) **3.10** Bosch. (M) **4.00** Bosch. (MA15+) **4.55** Shane Delia's Moorish Spice Journey Bitesize. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **9.00** Croatian News. **9.30** Serbian News. **10.00** Dutch News. **10.30** Somali News. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Sunny. (M) (2011) **2.20** Drunk History. (M) **2.45** The Pizza Show. (PG) **3.10** It's Suppertime! (PG) **3.35** It's Suppertime! (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Feed. **8.00** Dateline. **8.30** Full Frontal. (MA15+) **9.00** Fade To Black: Fight To The Death. (M) **10.25** Terror. (MA15+) **11.15** Cycling. UCI World Tour. Vuelta a España. Stage 18. **2.00** News. **2.30** Deutsche Welle. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Captain Fantastic (2016) Drama. Viggo Mortensen. (M) Masterpiece **8.30pm** Taken 2 (2012) Action. Liam Neeson, Maggie Grace. (M) Action **11.50pm** Prometheus (2012) Sci-fi. Noomi Rapace, Michael Fassbender. (M) Action

GENERAL

8.30pm The 100. (M) FOX8 **10.30pm** The Tonight Show Starring Jimmy Fallon. (M) E!

DOCUMENTARY

8.30pm The State. (MA15+) National Geographic **9.30pm** How The World Ends. (PG) History **11.30pm** Maritime China. (PG) National Geographic

SPORT

5.30pm Rugby Union. Mitre 10 Cup. Week 5. Canterbury v Counties Manukau. Fox Sports 503 **7.30pm** Soccer. FFA Cup. Quarter-final. Fox Sports 505 **9.00pm** Cycling. UCI World Tour. Grand Prix Cycliste de Montréal. Eurosport

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NINE

6.00 Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Movie: The Pink Panther Strikes Again. (PG) (1976) Peter Sellers, Herbert Lom. A police officer investigates a kidnapping. **3.00** News. **4.00** Afternoon News. **5.00** Hot Seat. **6.00** Nine News. **7.00** Rugby League Finals Preview. **7.50** Rugby League. NRL. First elimination final. **9.45** Rugby League Finals Post-Match. **10.45** Movie: Seeking Justice. (MA15+) (2011) Nicolas Cage, Guy Pearce, January Jones. After his wife is assaulted, a man enlists the services of a vigilante group to help him settle the score. **1.00** Extra. **1.30** TV Shop: Home Shopping. **2.30** Filthy Rich. (M) **3.30** Skippy. **4.00** Global Shop. **4.30** Avengers. (PG) **5.30** ACA.

GO!

6.00 Children's Programs. **11.00** Friends. (PG) **12.00** Step Dave. (M) **1.00** Cold Water Cowboys. (M) **2.00** Children's Programs. **3.30** Nexa Knights. (PG) **4.00** Kids' WB. (PG) **4.05** Tom And Jerry. **4.30** Teen Titans Go! (PG) **5.00** Adv Time. (PG) **5.30** Regular Show. (PG) **6.00** Friends. (PG) **7.30** Movie: Lemony Snicket's A Series Of Unfortunate Events. (PG) (2004) **9.40** Movie: The Cable Guy. (M) (1996) **11.35** Kevin Can Wait. (PG) **12.00** WWE Smackdown. (MA15+) **1.00** Total Divas. (M) **2.00** Adv Time. (PG) **2.30** Regular Show. (PG) **3.00** Clarence. (PG) **3.30** Beyblade Burst Evolution. **4.00** Tom And Jerry. **4.30** Yu-Gi-Oh! (PG) **4.50** Wild Kratts. **5.10** Regal Academy. **5.30** Yu-Gi-Oh! (PG)

SEVEN

6.00 Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: First Daughter. (M) (1999) **2.00** Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Aust. **6.00** News. **7.00** Better Homes. Jason and Ed go on a road trip to the NSW South Coast where they prepare recipes using local produce. **8.30** Movie: The Fault In Our Stars. (M) (2014) Shailene Woodley, Ansel Elgort, Nat Wolff. Two teenagers find themselves falling in love with each other at a cancer support group. **11.15** To Be Advised. **12.00** Grey's Anatomy. (M) Maggie is trapped in an elevator. **1.00** Grey's Anatomy. (M) Meredith reveals her biggest fears. **2.00** Shopping. Shopping program. **4.00** The Great Outdoors. **5.00** NBC Today.

7TWO

6.00 Shopping. **6.30** Harry's Practice. **7.00** ZooMoo. **7.30** Get Clever. **8.00** Pipsqueaks. **8.30** Million Dollar Minute. **9.30** NBC Today. **12.00** House Of Wellness. (PG) **1.00** Better Homes. **2.00** Million Dollar Minute. **3.00** Harry's Practice. **3.30** Australia's Amazing Homes. (PG) **4.30** Animal Rescue. **5.00** Medical Emergency. (PG) **5.30** Escape To The Country. **6.30** Bargain Hunt. **7.30** Border Security: Int. (PG) **8.00** Border Security USA. (PG) **8.30** Australia's Amazing Homes. **9.30** Selling Houses Aust. **10.30** Peter Andre's 60 Minute Makeover. (PG) **11.30** Border Security: Int. (PG) **12.00** Border Security USA. (PG) **12.30** Medical Emergency. (PG) **1.00** Escape To The Country. **2.00** Late Programs.

TEN

6.00 The Talk. **7.00** Ent. Tonight. **7.30** Bold. (PG) **8.00** Pointless. (PG) **8.30** Studio 10. (PG) **12.00** Dr Phil. (PG) **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** Neighbours. (PG) **3.00** Judge Judy. (PG) **3.30** Alive And Cooking. **4.00** Everyday Gourmet. **4.30** Bold. (PG) **5.00** News. **6.00** Pointless. (PG) **6.30** The Project. **7.30** The Living Room. Master of declutter, Peter helps a couple. **8.30** To Be Advised. **9.00** Have You Been Paying Attention? (M) A panel of special guests compete to see who can remember the most about the week. **10.00** Street Smart. (PG) Steve plans to break into a shopping centre. **10.30** To Be Advised. **11.30** The Project. **12.30** Stephen Colbert. (PG) **1.30** Shopping.

ONE

6.00 Home Shopping. **8.00** Motorcycle Racing. MotoGP. Race 13. San Marino Grand Prix. Replay. From Misano World Circuit Marco Simoncelli, Misano Adriatico, Italy. **9.30** Cheers. (PG) **10.00** Scorpion. (PG) **11.00** Bondi Rescue. (PG) **12.00** Hogan's Heroes. **12.30** NCIS. (M) **1.30** NCIS: Los Angeles. (M) **2.30** MacGyver. (PG) **3.30** Diagnosis Murder. (PG) **4.30** Star Trek: The Next Generation. (PG) **5.30** Star Trek: Voyager. (PG) **6.30** Bondi Rescue. (PG) **7.30** Walker, Texas Ranger. (M) **11.30** NCIS: Los Angeles. (M) **12.30** Home Shopping. **2.00** Walker, Texas Ranger. (M) **5.00** The Doctors.

ABC

6.00 News Breakfast. **9.00** ABC News Mornings. **10.00** Grand Designs. **11.00** Gardening Australia. **11.30** Julia Zemiro's Home Delivery. (PG) **12.00** ABC News At Noon. **1.00** One Plus One. **1.30** Foreign Correspondent. **2.00** Miniseries: Inside Men. (M) **3.00** Murder, She Wrote. (PG) **3.45** Teenage Boss. **4.10** Doc Martin. (PG) **5.00** ABC News At Five. **5.10** The Drum. **6.00** Grand Designs. (PG) **7.00** ABC News. **7.30** Gardening Australia. **8.30** Killing Eve. (MA15+) Final. **9.15** Marcella. (M) Final. **10.05** QI. (M) **10.35** ABC Late News. **11.05** The Business. **11.20** The Weekly With Charlie Pickering. (M) Final. **11.50** Planet America. **12.35** Rage. (MA15+) **5.00** Rage. (PG)

ABC COM

6.00 Children's Programs. **5.35** Noddy Toyland Detective. **5.50** Little Roy. **6.05** Octonauts. **6.15** Peter Rabbit. **6.30** Dot. **6.40** Rusty Rivets. **6.50** Andy's Wild Adventures. **7.05** Ben And Holly. **7.20** Shaun The Sheep. **7.30** Spicks And Specks. (PG) **8.00** Hard Quiz. (PG) **8.30** Gruen XL. (M) Final. **9.15** Schitt's Creek. (M) **9.40** DetectoRists. (PG) Final. **10.10** Blackadder II. (PG) **10.40** Peep Show. (M) **11.05** Workaholics. (M) **11.25** Archer. (M) **11.50** 30 Rock. (PG) **12.10** Parks And Recreation. (M) **12.30** Schitt's Creek. (PG) **12.55** Peep Show. (M) **1.20** Workaholics. (M) **1.45** Archer. (M) **2.05** News Update. **2.10** Close. **5.00** The WotWots. **5.10** Arthur. **5.35** This Is Scarlett And Isaiah. **5.40** Bottle Top Bill. **5.55** Playdate.

SBS

6.00 WorldWatch. **9.30** Greek News. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News F24. **12.30** Turkish News. **1.00** PBS News. **2.00** The Point. **3.00** NITV News Week In Review. **3.30** Poh's On The Road. **4.00** Poh's On The Road. **4.30** Kylie Kwong: Heart And Soul. **5.00** Cycling. UCI World Tour. Vuelta a España. Highlights. **5.30** Letters And Numbers. **6.00** Chefs' Line. **6.30** News. **7.35** Extreme Railway Journeys. (PG) **8.30** Movie: The Girl With The Dragon Tattoo. (MA15+) (2011) Daniel Craig. **11.25** SBS News. **11.55** Movie: The Virgin Suicides. (1999) **1.40** The Legacy. **2.50** The Legacy. **3.55** The Legacy. **5.00** CGTN English News. **5.15** NHK World English News. **5.30** Deutsche Welle.

SBS VLND

6.00 WorldWatch. **11.00** NHK Japanese News. **11.35** Hindi News. **12.00** Movie: Martino's Summer. (M) (2010) **1.30** VICE. (M) **2.05** Drunk History. (M) **2.30** Drunk History. (M) **3.00** Date The World. (PG) **3.10** The Pizza Show. (PG) **3.35** The Pizza Show. (PG) **4.05** News. **4.35** PBS News. **5.35** If You Are The One. **6.35** Seconds From Disaster. **7.30** The Great Australian Race Riot. (M) **8.35** Sex Diaries. (M) **9.30** Nude. **9.55** Nude. **10.25** King Of The Road. (MA15+) Final. **11.10** Cycling. UCI World Tour. Vuelta a España. Stage 19. **2.00** News. **2.30** NHK World English News. **3.00** Thai News. **3.30** Bangla News. **4.00** Punjabi News. **4.30** Sri Lankan Sinhalese News. **5.00** Korean News. **5.30** Indonesian News.



MOVIES

6.20pm Suicide Squad (2016) Action. Will Smith, Margot Robbie. (M) *Premiere*
8.30pm The Magnificent Seven (2016) Adventure. Denzel Washington, Chris Pratt. (M) *Premiere*
10.05pm Fight Club (1999) Drama. Brad Pitt. (MA15+) *Action*

GENERAL

8.30pm Criminal Minds. (MA15+) *FX*
8.30pm Who Do You Think You Are? (PG) *UKTV*
9.30pm Project Runway. *Arena*

DOCUMENTARY

7.35pm The Wrecking Crew. (PG) *Foxtel Arts*
9.30pm Little People, Big World. (PG) *TLC*
9.30pm Moonshiners. (M) *Discovery*

SPORT

7.00pm Golf. USLPGA Tour. Evian Championship. First round. *Fox Sports 505*
8.00pm UFC Fight Week. *Fox Sports 501*
11.00pm Cycling. UCI Europe Tour. Italian Cup. *Eurosport*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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NORTH LAKES COMMUNITY WOMEN'S GROUP INC. NEWS

This week 42 of our lovely members met for lunch at the Moreton Bay Boat Club. Our meals were delicious and great value for money. We hope to return there soon.

A big thank you to the staff of the club for providing outstanding service especially at such short notice.

Tuesday 11th September 10am — Guest Speaker, Brian Herd from CRH Law. Visitors welcome.

Tuesday 18th September 10am — Guest Speaker, Carol Bacon from Restore One. Carol made a huge impact on our Group when she visited us last year to talk to us about Restore One and its mission to 'Break Poverty, one child, one family, one community at a time'. Carol will be giving us an update on the work that has been done in Cambodia. Visitors welcome

Tuesday 25th September — Fashion Parade and lunch at Old Petrie Town. Members only.

Tuesday 2nd October — General Meeting — Visitors welcome

Our meetings are open to all women in North Lakes/Mango Hill—Moreton Bay District. For more information please contact Trish 0447 071 221 or Sue 0418 785 944.

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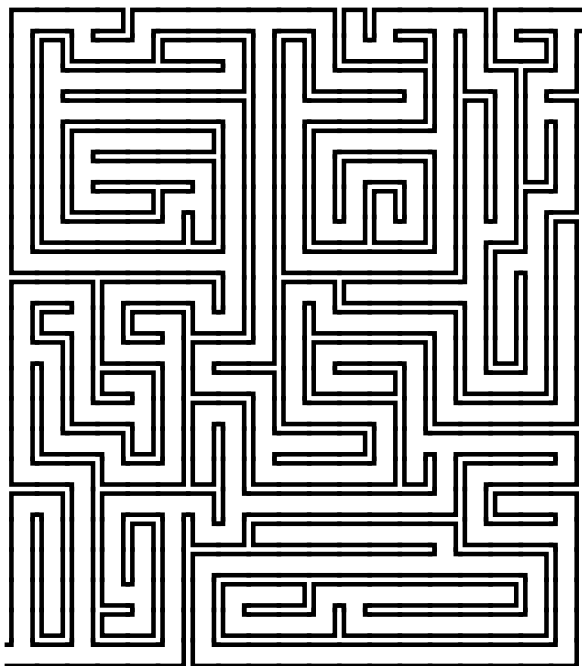


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AMAZING MAZES



CROSSWORD SOLUTION FROM LAST ISSUE

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Crossword 7005

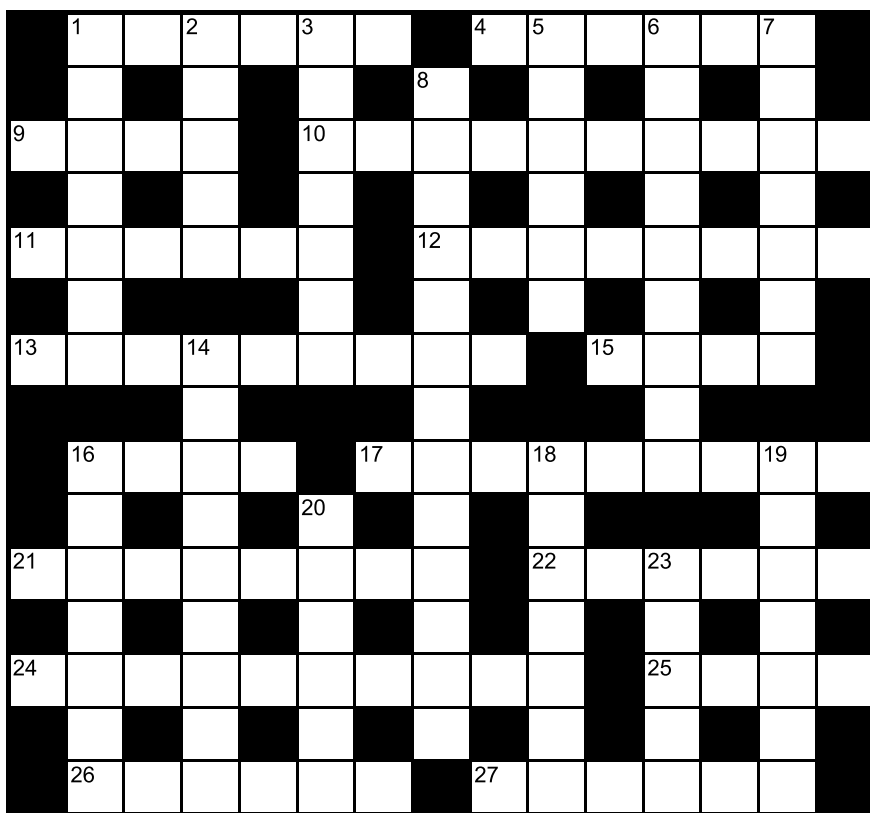
Crafted by the skilled hands of Laurie Stibbe

ACROSS

- 1 Walk with lofty gait,
- 4 Ice that covers polar regions
- 9 Close of musical composition
- 10 Abridge
- 11 Powder used to make concrete
- 12 Master copy
- 13 Study of celestial bodies
- 15 Post
- 16 Curve above doorway
- 17 Catapult
- 21 Shoeless
- 22 Nuance; refinement
- 24 Doing or producing good
- 25 Foolish person; breast; gaol
- 26 Not very often
- 27 North American Indian

DOWN

- 1 Particular course of action
- 2 Proverb
- 3 Censure severely
- 5 Churchman, clergyman
- 6 Racketeers
- 7 Unforeseen difficulty
- 8 Abnormal physical condition
- 14 Criminal
- 16 Non-professional person
- 18 Around the clock
- 19 Consequence
- 20 Full of merriment
- 23 Having three dimensions



COMMUNITY NOTICE BOARD ONLINE

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- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

DECLUTTER YOUR WAY INTO SPRING!

We all know the satisfaction felt after having a big day cleaning your home. Everything feels organised and fresh and clean. Decluttering goes a step further, and spring is the perfect time to roll up your sleeves and tackle it!

Traditionally, the term "Spring Clean" comes from the days where homes had experienced a soot filled winter heated by open fireplaces. Here in Australia, and particularly Queensland our winters are very mild. Across Europe and the USA however, they can experience bitter cold that required going into a form of hibernation to keep warm.

The birds chirping in the trees would herald the return of the warmth of spring and longer days. With it came anticipation and positivity for the months ahead. It was also the time to pack up the fireplace and clean off the soot from their walls and hearths. Just as we do when we have a big clean out, they applied their elbow grease resulting in renewed freshness and light to their homes.

We now know this as the "Spring Clean".

Known for our short and well, pretty comfortable winters here in Brisbane, one could be forgiven for thinking that a traditional "Spring Clean" isn't necessary. Though this may be the case, there is a definite sense of satisfaction that comes from getting in and scrubbing those windows and wiping the dust from the ceiling fans gives us. Yes Queenslanders can "Spring Clean" too!



Photo: Buy More Time.

So, with all of that effort, it is also a great opportunity to step back, take a good look around and "get your declutter on".

As satisfying as clean windows may be, going one step further with a complete re-organisation and decluttering of your home gives you a fresh new perspective. Think of an island holiday or a relaxing cruise! Ok, maybe not quite that extreme but removing the disorganised chaos from your home is sure to leave it much feeling harmonious and reinvigorated.

Karly from Buy More Time, based in Mango Hill, knows this too well. She is a specialist in home organisation and decluttering. Karly enters her clients homes, assesses their needs and then gets out the elbow grease.



Photo: Buy More Time.

Whilst some may feel this to be a thankless and unrewarding job, Karly finds it extremely satisfying. She regularly posts before and after photos on her Facebook page and people are amazed at the results.

"But why?", you ask.

The dictionary definition of decluttering is "the act of removing unnecessary or unwanted things". On her website Karly goes further to add that it is "getting your sh#t sorted".

Why is this so? Why do we find reorganising our home to be so therapeutic?

Why throw away perfectly good "stuff"?

Karly offers up some pretty convincing reasons:

1. You'll come across long forgotten hidden treasures!
2. It helps you to be more careful with future purchases when you realise how much of your hard earned money has been wasted on items you have never needed or rarely used.

3. You will learn that we need less "stuff" than we think. Apply the 80/20 rule here. 80% of the time, we actually use only 20% of our stuff! Eye-opening isn't it?

4. Less stuff means less work! No more wasted time on cleaning off the collected dust and rummaging through boxes in the garage searching for "that" perfect allen key.

5. You realise that the people and relationships in your life are much more important than the material things. We are so easily distracted by all of our "special" things and that overwhelming urge to buy more, we often sacrifice activities with our loved ones in order to afford them or to spend hours searching for them.

And that is just the tip of the iceberg!

Decluttering is something though, that many procrastinators (ahem, we've all been guilty of it at some time) can find extremely overwhelming.

What are the keys to a successful declutter?

1. Start now. Make the decision and stick to it!
2. Do a little each day so that you can stay motivated and avoid becoming overwhelmed.
3. Don't let the unwanted items stay in your home. Remove them immediately. It will free up your space and avoid your mind rethinking your decision!
4. Get Help. A professional organiser tackles this task head on as this is what they do every day! Or call on a favour from a friend or family member that owes you for that babysitting you did.

The warmer weather is upon us, and the birds are chirping away. Now is the time! Get started. Stick to it. Declutter your home, and your mind. Throw away that unwanted stuff and reap the therapeutic benefits!

Of course, if it is all too overwhelming, you can go the easy route and outsource your too hard basket list to a professional.

Whatever option you take, best of luck, and enjoy being invigorated by your lack of clutter!

FOR FURTHER ADVICE CONTACT:
KARLY FROM BUY MORE TIME ON
0402 115 583 OR AT BY VISITING
BUYMORETIME.COM.AU

BY: TANYA LOVE

Homes for inspection

RayWhite



16 Kennedy Court, North Lakes
5 3 2 | \$1,650,000



30 Kowari Crescent, North Lakes
5 3 2 | \$699,000+



3 Eaton Close, North Lakes
4 2 2 | \$599,000+



15 Kennedy Court, North Lakes
4 2 4 | \$1,250,000+



16 Burgan Place, North Lakes
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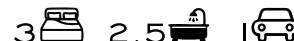
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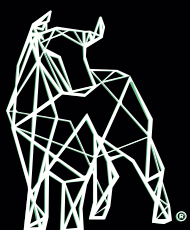


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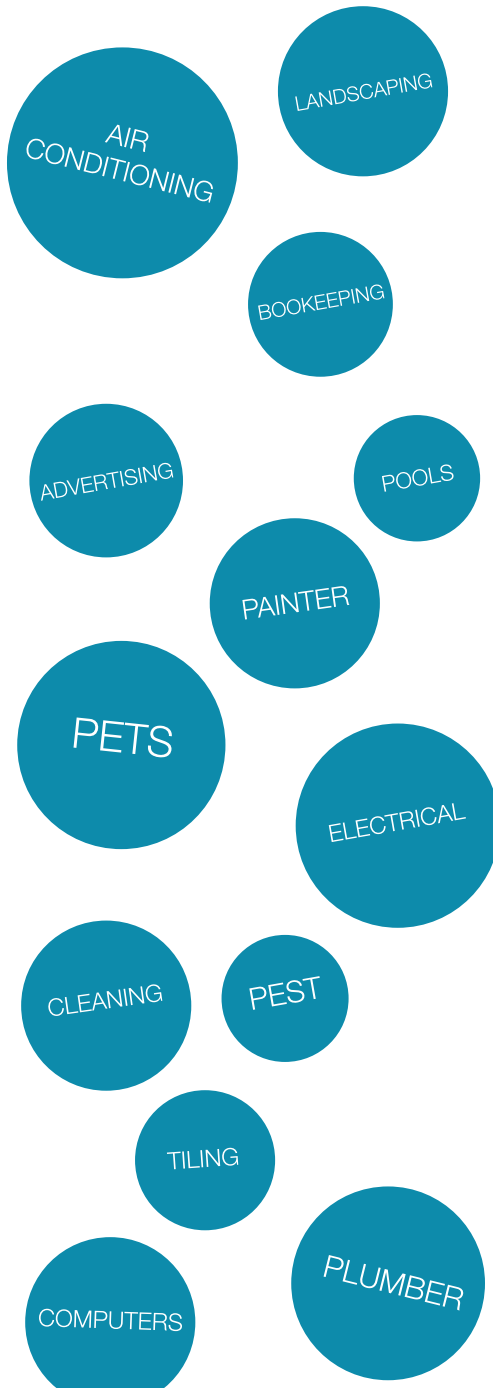
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